

In the Claims

1-22 (canceled).

23 (currently amended). A monitor for monitoring a user's heart, comprising:

a support means for securing the monitor in position for sensing the user's heart beat, the support means being releasably attachable to only a single adhesive electrocardiogram (ECG) electrode both to support the monitor and for receiving electrical signals from the ECG electrode;

a means for releasably electrically coupling the monitor to a second ECG electrode for receiving signals therefrom;

a cardiac sensor for receiving signals from the ECG electrodes; and

a processor coupled to the cardiac sensor for generating cardiac data.

24 (previously presented). The monitor according to claim 23, in which the coupling means comprises an electrical lead extending from a housing of the monitor or a socket in the housing of the monitor for receiving an electrical lead.

25 (previously presented). The monitor according to claim 23, in which the single adhesive ECG electrode is a standard ECG electrode.

26 (previously presented). The monitor according to claim 23, in which the maximum lateral dimension of the ECG electrode is 55mm or less.

27 (previously presented). The monitor according to claim 23, in which the maximum lateral dimension of the monitor is 35mm or less.

28-30 (canceled).

31 (previously presented). The monitor according to claim 23, comprising a memory coupled to an output of the processor for storing the cardiac data.

32 (canceled).

33 (previously presented). The monitor according to claim 23, further comprising an accelerometer coupled to the processor, so that the processor can generate movement data.

34-35 (canceled).

36 (previously presented). The monitor according to claim 23, comprising contacts for making electrical contact with two ECG electrodes, in which the same contacts are couplable to an interface for transferring data from and/or to the monitor, and/or for resetting or reprogramming the monitor, and/or for recharging a battery for powering the monitor.

37 (previously presented). The monitor according to claim 33, in which the monitor in use is secured to the chest or torso of the user so that the accelerometer is oriented to sense movements of the user's chest or torso in a direction substantially parallel to the user's spine, that is so as to sense vertical movements of the user's chest or torso when the user is in a standing position.

38 (canceled).

39 (currently amended). A method for monitoring a user's heart, comprising the steps of:  
sensing the user's heart beat by using a cardiac sensor secured to the user's body by means of only a single ECG electrode the cardiac sensor being releasably attachable to the ECG electrode both to support the monitor and for receiving electrical signals from the ECG electrode;  
processing cardiac signals to generate cardiac data; and  
storing or displaying the data.

40 (previously presented). The method according to claim 39, comprising the step of sensing movement of the cardiac sensor and processing movement signals to generate movement data.

41 (previously presented). The monitor according to claim 33, in which the support means is for attachment to the single ECG electrode such that the monitor will not rotate on the pad during use.

42 (currently amended). A monitor for monitoring a user's heart, comprising:  
a support means for securing the monitor in position for sensing the user's heart beat, the support means being releasably attachable to only a single adhesive electrocardiogram (ECG) electrode both to support the monitor and for receiving electrical signals from the ECG electrode;  
a means for releasably electrically coupling the monitor to a second ECG electrode for receiving signals therefrom;  
a cardiac sensor for receiving signals from the ECG electrodes; and  
a processor coupled to the cardiac sensor for generating cardiac data;  
in which the monitor, in use, does not extend beyond an outer edge of the ECG electrode.

43 (currently amended). A monitor for monitoring a user's heart, comprising:  
a monitor housing;  
a support means for securing the monitor in position for sensing the user's heart beat, the support means being for attachment to only a single adhesive electrocardiogram (ECG) electrode both to support the monitor and the monitor housing and for receiving electrical signals from the ECG electrode;  
a means for electrically coupling the monitor to a second ECG electrode for receiving signals therefrom;  
a cardiac sensor for receiving signals from the ECG electrodes;  
a processor coupled to the cardiac sensor for generating cardiac data; and  
an accelerometer housed within the monitor housing coupled to the processor,;  
in which the processor processes signals it receives from the cardiac sensor according to a

predetermined parameter in order to generate the cardiac data and processes signals it receives from the accelerometer in order to generate activity data.

44 (canceled).

45 (currently amended). A monitor for monitoring a user's heart, comprising:

a support means for securing the monitor in position for sensing the user's heart beat, the support means being releasably attachable to only a single adhesive electrocardiogram (ECG) electrode both to support the monitor and for receiving electrical signals from the ECG electrode;

a means for releasably electrically coupling the monitor to a second ECG electrode for receiving signals therefrom;

a cardiac sensor for receiving signals from the ECG electrodes; and

a processor coupled to the cardiac sensor for generating cardiac data;

in which the maximum lateral dimension of the monitor is less than or equal to the maximum lateral dimension of the ECG electrode.

46 (previously presented). The method according to claim 39, wherein the maximum lateral dimension of the sensor is less than or equal to the maximum lateral dimension of the ECG electrode.

47 (currently amended). A monitor for monitoring a user's heart, comprising:

a support means for securing the monitor in position for sensing the user's heart beat, the support means being for attachment to only a single adhesive electrocardiogram (ECG) electrode both to support the monitor and for receiving electrical signals from the ECG electrode;

a means for electrically coupling the monitor to a second ECG electrode for receiving signals therefrom;

a cardiac sensor for receiving signals from the ECG electrodes;

a processor coupled to the cardiac sensor for generating cardiac data; and

contacts for making contact with the two ECG electrodes, in which ~~the same contacts are~~

~~couplable to an interface for the monitor is adapted to allow~~ transferring data from and/or to the monitor, and/or for resetting or reprogramming the monitor, and/or for recharging a battery for powering the monitor via the same contacts.

48 (previously presented). The monitor according to claim 47, in which the coupling means comprises an electrical lead extending from a housing of the monitor or a socket in the housing of the monitor for receiving an electrical lead.

49 (previously presented). The monitor according to claim 47, in which the single adhesive ECG electrode is a standard ECG electrode.

50 (previously presented). The monitor according to claim 47, in which the maximum lateral dimension of the ECG electrode is 55mm or less.

51 (previously presented). The monitor according to claim 47, in which the maximum lateral dimension of the monitor is 35mm or less.

52 (previously presented). The monitor according to claim 47, comprising a memory coupled to an output of the processor for storing the cardiac data.

53 (previously presented). The monitor according to claim 47, further comprising an accelerometer coupled to the processor, so that the processor can generate movement data.

54 (previously presented). The monitor according to claim 47, in which the monitor in use is secured to the chest or torso of the user so that the accelerometer is oriented to sense movements of the user's chest or torso in a direction substantially parallel to the user's spine, that is so as to sense vertical movements of the user's chest or torso when the user is in a standing position.